

50 Ways to Take a Break

- Take a Bath
- Listen to Music
- Take a Nap
- Go to a body of water
- Watch the clouds
- Light a candle
- REST your legs up on a wall
- Let out a sigh
- Fly a Kite
- Watch the stars
- Write a Letter
- Learn something **NEW**
- Listen to a guided relaxation
- Read a Book
- sit in NATURE
- 2x Move twice as slowly
- Take Deep Belly Breaths
- MEDITATE
- Call a Friend
- Meander around Town
- Notice your Body
- Buy some Flowers
- Find a relaxing scent
- Walk Outside
- Go for a run
- Take a bike ride
- pet a furry creature
- Create your own coffee break
- View some ART
- Turn off all electronics
- Go to a park
- read or watch something FUNNY
- Examine an everyday object with Fresh Eyes
- Drive somewhere **NEW**
- Go to a Farmers Market
- Forgive Someone
- Engage in small acts of KINDNESS
- Make some MUSIC
- Climb a Tree
- Let go of something
- Put on some music and DANCE
- Give Thanks
- Write a quick poem
- Read poetry
- Do some gentle stretches
- Print on a surface other than paper
- Write a quick poem
- Read poetry
- Put on some music and DANCE
- Give Thanks